

## 100 FAVORITE RECIPES

Click On Page Number to go to Recipe

CHICKEN PICCATA.....	<a href="#">1</a>
EASY CHEESE LASAGNA.....	<a href="#">1</a>
DELI CRAB SALAD.....	<a href="#">2</a>
MANDARIN ORANGE MOUSSE.....	<a href="#">2</a>
GARLIC MASHED POTATOES.....	<a href="#">3</a>
EASY MAC AND CHEESE.....	<a href="#">3</a>
1-POINT BROWNIE.....	<a href="#">3</a>
PUMPKIN "PIE".....	<a href="#">4</a>
SMOTHERED CHICKEN WITH PIEROGIES.....	<a href="#">4</a>
CHEESE BISCUITS.....	<a href="#">5</a>
STRAWBERRY PIE.....	<a href="#">5</a>
CHICKEN POT PIE.....	<a href="#">5</a>
CAULIFLOWER MEDLEY.....	<a href="#">6</a>
HAMBURGER STROGANOFF.....	<a href="#">6</a>
MEATBALLS.....	<a href="#">7</a>
SUNSHINE FRUIT SALAD.....	<a href="#">7</a>
BAKED ZUCCHINI STICKS.....	<a href="#">7</a>
ROASTED RED PEPPER DIP.....	<a href="#">7</a>
BANANA CHOCOLATE CHIP MINI-MUFFINS.....	<a href="#">8</a>
PEACH COBBLER.....	<a href="#">8</a>
KEY LIME PIE BARS.....	<a href="#">9</a>
BROCCOLI SALAD.....	<a href="#">9</a>
CROCKPOT SOUR CREAM SALSA CHICKEN.....	<a href="#">9</a>
BAKED ARTICHOKE DIP.....	<a href="#">10</a>
BAJA SHRIMP SALAD.....	<a href="#">10</a>
HASHBROWN CASSEROLE.....	<a href="#">11</a>
CROCKPOT CHICKEN STROGANOFF.....	<a href="#">11</a>
APPLE CARROT MUFFINS.....	<a href="#">11</a>
RHUBARB CRISP.....	<a href="#">11</a>
SAUSAGE AND RED CABBAGE.....	<a href="#">12</a>
MAMA'S MEATLOAF.....	<a href="#">12</a>
BAKED RED SNAPPER.....	<a href="#">13</a>
DEEP-DISH PIZZA CASSEROLE.....	<a href="#">13</a>
CHEESY CHICKEN STUFFED SHELLS.....	<a href="#">14</a>
SPINACH PASTA BAKE.....	<a href="#">14</a>
EASY TUNA CASSEROLE.....	<a href="#">15</a>
LIGHT PIE CRUST.....	<a href="#">15</a>
HONEY MUSTARD CHICKEN.....	<a href="#">15</a>
CROCKPOT CORN, HAM, and POTATO SCALLOP.....	<a href="#">16</a>
OAT APPLE CRISP.....	<a href="#">16</a>
CREAMY BOWTIE PRIMAVERA.....	<a href="#">17</a>
TURKEY QUICHE.....	<a href="#">17</a>

CREAMED CORN PANCAKES.....	<a href="#">17</a>
OREO MOUSSE.....	<a href="#">18</a>
WHITE CHICKEN CHILI.....	<a href="#">18</a>
TIRAMISU.....	<a href="#">18</a>
BANANA OATMEAL COOKIES.....	<a href="#">19</a>
FRIED RICE.....	<a href="#">19</a>
STRAWBERRY BREAD.....	<a href="#">20</a>
PUMPKIN BREAD.....	<a href="#">20</a>
SHRIMP CREOLE.....	<a href="#">21</a>
BAKED OATMEAL.....	<a href="#">21</a>
CRAB QUICHE.....	<a href="#">21</a>
BROCCOLI CASSEROLE.....	<a href="#">22</a>
CLASSIC PECAN PIE.....	<a href="#">22</a>
DELUXE MEATLOAF.....	<a href="#">23</a>
LIGHT CHEX MIX.....	<a href="#">23</a>
IMPOSSIBLE COCONUT PIE.....	<a href="#">24</a>
FAUX EGG MCMUFFIN.....	<a href="#">24</a>
TERIAKI CHICKEN.....	<a href="#">25</a>
BASQUE CHICKEN.....	<a href="#">25</a>
STRAWBERRY ANGEL FOOD TRIFLE.....	<a href="#">25</a>
CELEBRATION CAKE.....	<a href="#">26</a>
EASY FAT-FREE FROSTING.....	<a href="#">26</a>
PUMPKIN BUTTER.....	<a href="#">27</a>
PUMPKIN PIE WONTONS.....	<a href="#">27</a>
BANANA SPLIT CAKE.....	<a href="#">27</a>
CHOCOLATE CHIP COOKIES.....	<a href="#">28</a>
PIMIENTO CHEESE #1.....	<a href="#">28</a>
PIMIENTO CHEESE #2.....	<a href="#">29</a>
PINEAPPLE RIGHT SIDE UP CAKE.....	<a href="#">29</a>
COCOA KRISPY BARS.....	<a href="#">29</a>
COCOA KRISPIE BARS REVISED.....	<a href="#">30</a>
DELUXE MEATLOAF.....	<a href="#">30</a>
SCALLOPS EXCEPTIONAL.....	<a href="#">31</a>
MEDITERRANEAN CHICKEN AND COUSCOUS.....	<a href="#">31</a>
BROCCOLI QUICHE.....	<a href="#">32</a>
SUMMER SQUASH CASSEROLE.....	<a href="#">32</a>
SPAGHETTI SALAD.....	<a href="#">32</a>
TACO SOUP.....	<a href="#">33</a>
RATATOUILLE.....	<a href="#">33</a>
BALSAMIC ORANGE GRILLED CHICKEN.....	<a href="#">34</a>
HERB ROASTED GREEN BEANS.....	<a href="#">34</a>
BROCCOLI CHEESE SOUP.....	<a href="#">34</a>
SHRIMP SCAMPI.....	<a href="#">35</a>
FESTIVE FRUIT SALAD.....	<a href="#">35</a>

AU GRATIN POTATOES.....	<a href="#">35</a>
HOT COCOA MIX.....	<a href="#">36</a>
PASTA PRIMAVERA.....	<a href="#">36</a>
RASPBERRY OATMEAL BARS .....	<a href="#">37</a>
PARMESAN CHICKEN CUTLETS.....	<a href="#">37</a>
CROCKPOT CHICKEN AND RICE.....	<a href="#">37</a>
SNOW PEAS and JICAMA SALAD .....	<a href="#">38</a>
UPSIDE-DOWN GERMAN CHOCOLATE CAKE.....	<a href="#">38</a>
SWEET POTATO CASSEROLE .....	<a href="#">39</a>
POTATO BRUNCH CASSEROLE .....	<a href="#">39</a>
HUMMUS.....	<a href="#">39</a>
CRANBERRY PUMPKIN BARS.....	<a href="#">40</a>
COWGIRL CASSEROLE (Vegetarian).....	<a href="#">40</a>
WACKY CHOCOLATE CAKE.....	<a href="#">41</a>
PEACH ANGEL FOOD CAKE.....	<a href="#">41</a>
BERRY BAKE .....	<a href="#">41</a>

#### Weight Watcher friendly recipes

DISCLAIMER: Since I got these recipes from the Food Talk and Recipe Review boards, YOU SHOULD ALWAYS RECHECK MY POINTS. Not having Recipe Builder, I do not guarantee the current points are right. But they are pretty close (unlike some of the wishful thinking you will see posted).

#### *CHICKEN PICCATA*

12 oz chicken breasts  
 1 tsp. minced garlic  
 1/4cup lemon juice  
 1/4 cup flour  
 2 Tbsp. olive oil  
 1/3 cup capers  
 1 can artichoke hearts (packed in water, not oil)  
 1 package sliced mushrooms

Coat chicken with flour. In a large skillet, cook garlic and oil over moderate heat, stirring constantly, until garlic is pale gold. Add chicken and brown 2-3 minutes on each side. Add lemon juice, artichokes, capers and mushrooms. Simmer, covered, for about 30-35 minutes. Turn and baste the chicken occasionally. Cook until chicken juices run clear.

4 servings, 5 POINTS each

If you have never tried capers (I hadn't), this is a great way to start. They add a nice spiciness to the sauce. DH loves this dish!

This recipe comes from the old Week 9 WW Recipe Card, with a few additional suggestions.

## *EASY CHEESE LASAGNA*

1 jar (28 oz) spaghetti sauce (look for a lower-calorie/lower fat one)(I like to use a spicy spaghetti sauce because otherwise the lasagna tastes bland to me)  
6 uncooked lasagna noodles  
1 15oz container of fat free ricotta cheese (I use FF cottage cheese)  
1-2 cups chopped raw vegetables, such as mushrooms, broccoli, bell pepper, zucchini  
8oz shredded low-fat mozzarella cheese

Preheat oven to 375. Spray an 11x7 dish with cooking spray. Spread 1/3 of the sauce on the bottom of the dish. Arrange 3 noodles in a single layer over the sauce. Top with another 1/3 of the sauce, all of the ricotta cheese, the vegetables, and 1/2 of the mozzarella cheese. Lay the next 3 noodles on top. Spread the remaining sauce over the noodles. (Some people also drizzle 1/4 - 1/2 cup of water around the edges, though I don't.)

Cover the dish tightly with foil. Bake about 1 hour or until noodles are tender. Take the foil off. Sprinkle with remaining mozzarella cheese, and bake uncovered for 5 minutes longer. Let stand 5 minutes before cutting.

6 servings, 6 POINTS each

Tips: It's important to put the foil on the pan tightly because it's the steam that cooks the noodles. If you remove the foil but find the noodles aren't completely cooked (poke them with a knife), use a spoon to push the noodles back down under the sauce. Recover the pan with the foil and return to the oven for another 10-15 minutes. If you take the foil off and the lasagna looks "soupy", remove the foil and return the pan to the oven for 10 minutes or until the juice has evaporated. Then sprinkle on the cheese and finish baking.

## *DELI CRAB SALAD*

6 oz. imitation crab meat  
2 Tbsp. light mayo  
Chopped green onion or chives  
1/2 to 1 tsp. mustard  
1/4 cup fat free sour cream  
onion powder (to taste)  
salt and pepper (to taste)  
1 cup cooked macaroni noodles

Cook noodles and measure out 1 cup. Run cold water over the noodles to chill them. Mix the shredded or diced crab pieces with the pasta. Mix in green onions or chives. In a separate bowl, mix remaining ingredients. Pour sauce over pasta mixture and stir well. Put it in the fridge for a few hours or overnight to let the flavors blend.

2 big servings, 5 POINTS each

Tips: You can also add other things liked chopped celery, and you can serve it on lettuce leaves to make it look fancy. The last time I made it, I used Trader Joe's Lemon Mayonnaise, which is kind of spicy, to add more zip. You could also use a sharp mustard.

### *MANDARIN ORANGE MOUSSE*

(aka CREAMSICLE MOUSSE)

1 box SF orange Jell-O  
1 box SF white chocolate pudding  
1 can mandarin orange slices (drained)  
1 8-oz tub of fat free Cool Whip.

Mix Jell-O with 1 cup boiling water. Dissolve Jell-O completely. add 1 cup cold water and let it sit for 5 minutes. Using electric beater, beat in pudding mix until well combined. Fold in drained fruit and Cool Whip. Chill and serve.

4 servings (1 cup each), 2.5 POINTS each

### *GARLIC MASHED POTATOES*

2 lbs. baking potatoes, peeled and cubed  
4 large garlic cloves, peeled and halved  
1/4 cup fat-free sour cream  
2 Tbsp. Skim milk  
1 Tbsp. Reduced-calorie stick margarine  
1/2 tsp. Salt  
dash of ground pepper

Put potatoes and garlic in a large saucepan. Add water to cover. Bring to a boil. Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender. Drain and return potatoes and garlic to pan. Using a mixer, beat at medium speed for 1 minute or until smooth. Add source cream and remaining ingredients. Beat until well blended.

4 servings, 3 POINTS each

### *EASY MAC AND CHEESE*

1 can lower-fat cheddar cheese soup  
1/2 can low-fat milk  
1/2 can water  
1 cup uncooked macaroni

Mix soup, milk and water in a pan. Heat until boiling. Stir in pasta and cook over low heat

until done (about 15 minutes). STIR OFTEN!!! Otherwise it will stick.

4 servings, 4 POINTS each

### *1-POINT BROWNIE*

3/4 C flour  
1/4C plus 2 T cocoa powder  
1/2 C sugar  
1/2 C Splenda  
1/4 tsp baking soda  
1/4 tsp salt  
1/3 C unsweetened applesauce  
3 egg whites  
1 tsp vanilla

Combine flour, cocoa, sugar, Splenda, baking soda, and salt and mix well. Stir in applesauce, egg whites, and vanilla. Spray an 8" square baking pan with cooking spray. Spread batter evenly in the pan. Bake at 350 degrees for 20 min. or until the edges are firm and the center almost set.

16 servings, 1 point each

These are cakey brownies rather than fudgy brownies. I think they are as good as the No Pudge mix, and they are only 1 point instead of 2 points. I usually cut these into 8 servings for a nice-sized 2 point brownie.

Tip: I found unsweetened applesauce in single-serving containers. That way I don't have to open a big jar of applesauce when I want to make these.

### *PUMPKIN "PIE"*

1 15oz can pumpkin (not the pumpkin pie mix)  
5 oz evaporated milk  
3/4 cup Splenda  
1 tsp. Cinnamon  
1/4 tsp. cloves  
1/2 tsp. ground ginger  
2 eggs

Combine all the ingredients. Spray a pie pan with a little cooking spray. Pour the pumpkin mixture directly into the pan. Bake at 375 for about 35 minutes or until firmly set.

8 servings, 1 POINT each

This was the first dessert I made when I started the program, and it gave me the courage to try others. You won't miss the crust. Add a big dollop of fat free Cool Whip!

## *SMOTHERED CHICKEN WITH PIEROGIES*

1 dozen Mrs. T's frozen Potato and Cheddar Cheese pierogies  
1 can (10 3/4 oz) low-fat cream of chicken soup  
1 can (4 oz) sliced mushrooms, drained  
1 cup frozen peas  
2 cups cubed or shredded cooked chicken

Preheat oven to 350. Spray a 2-quart casserole with cooking spray. Thaw pierogies in boiling water for 5 minutes, drain, and place in casserole dish.

In a large saucepan, combine soup, mushrooms, peas and chicken. Cook, stirring, about 5 minutes or until heated through. Pour over pierogies. Bake 15 minutes.

4 servings, 7 POINTS each

A pierogie is like a Polish ravioli, a dough pillow filled with flavored mashed potatoes. Look for them in the frozen foods section of your store. There are several kinds you can try, but READ THE BOX. Not all pierogies have the same points. Feel free to use other kinds in this recipe, but make certain to re-calculate your points based on the kind of pierogies you use. The traditional way to serve pierogies is to fry them in a little butter and serve with pan-fried onions. Enjoy!

## *CHEESE BISCUITS*

2 cups Reduced Fat Bisquick  
3/4 cup fat-free buttermilk  
1 cup fat-free cheddar cheese

Topping:

2 Tbsp. Fat-free margarine  
1/4 tsp. parsley flakes  
1 tsp. Garlic powder

Mix the biscuit ingredients together. On a pan sprayed with cooking spray, make 12 drop biscuits. Or spray 12 muffin tins with cooking spray and divide the dough between them. Bake at 400 degrees or 16-20 minutes.

Melt topping ingredients in the microwave. Brush on biscuits as soon as they come from the oven.

1 biscuit = 2 POINTS

## *STRAWBERRY PIE*

1 small package (1.1 oz) sugar-free Cook and Serve vanilla pudding  
2 cups water  
1 small package (0.3 oz) sugar-free strawberry Jell-O  
4 cups sliced strawberries

In a medium saucepan, stir together water and pudding mix. Heat to a boil. Remove from heat and immediately add the Jell-O. Stir until dissolved. Set the pan aside and let the mixture cool to room temperature.

Place strawberries in the bottom of a deep dish pie plate. Pour cooled pudding mixture over the strawberries. Refrigerate until chilled. Let it set well before slicing.

6 points for the entire pie

This reminds me of the sugar-glazed strawberry pie we used to get at Shoney's. I made it for Easter and everybody cheered.

## *CHICKEN POT PIE*

1 cup Reduced Fat Bisquick  
1/2 cup skim milk  
1/4 cup egg substitute (or 3 egg whites)  
2 cups frozen mixed veggies, thawed  
Optional: I usually throw in a jar of sliced mushrooms  
2 cups cooked, chopped white chicken meat  
2 cans fat-free Cream of Mushroom soup

Preheat oven to 400. Spray a casserole dish with cooking spray. Mix together veggies, chicken, and soup. Pour into casserole dish. In another bowl, mix Bisquick, milk, and egg. Pour over the top of the chicken mixture. Bake for about 30 minutes or until the crust is golden.

6 servings, 4.5 POINTS each  
4 servings, 6.5 POINTS each

Good for using up left-over chicken. DH loves it!

This recipe came from the WW Magazine cookbook "6 O'Clock Solutions".

## *CAULIFLOWER MEDLEY*

A zip-top plastic bag works great for marinating because once the air is squeezed out of the bag, the marinade coats the food and no stirring is required. You may use a large

bowl instead, but remember to stir frequently so the food gets evenly marinated.

1 cups fresh cauliflower, broken into florets  
1/2 cup fat-free Italian dressing  
2 Tbsp. Sliced ripe olives  
2 Tbsp. Capers  
1/4 tsp. Cracked pepper  
1 4oz jar diced pimiento, drained

Steam the cauliflower, covered, for 10 minutes or until crisp-tender. (Don't let it get mushy. I usually rinse the hot cauliflower in cold water to stop it cooking.) Place cauliflower, dressing olives, capers, pepper, and pimiento into a large zip-top plastic bag. Seal and shake gently to coat the cauliflower with the dressing mixture. Marinate in the refrigerator at least 8 hours. Serve cauliflower with a slotted spoon.

8 servings, 0 POINTS each

My thoughts: This is tangy and pretty and would be a great take-it dish for a picnic.

### *HAMBURGER STROGANOFF*

8oz lean ground beef  
1/2 cup chopped onion  
2 cups COOKED egg noodles  
10 3/4 oz can 98% fat free cream of mushroom soup  
1 can sliced mushrooms (optional)  
1/4 cup low fat sour cream  
salt and pepper to taste

Brown ground beef and onion, drain fat. Stir in cooked noodles, cream of mushroom soup, sliced mushrooms and salt and pepper. Simmer about 5-10 minutes. Remove from heat and stir in sour cream before serving.

4 servings, 5 POINTS each

### *MEATBALLS*

1 pound 93% lean ground beef  
1 cup uncooked oats (I used the quick cooking kind)  
1 egg  
1 pkg onion soup mix

Mix and form into 42 one inch balls (about a tablespoon each). Bake at 350 for 15 minutes or until no longer pink in the middle.

2 meatballs are 1 POINT

These are great little meatballs, and they freeze well. Now I don't feel deprived when I make spaghetti!

### *SUNSHINE FRUIT SALAD*

1 can mandarin oranges  
1 can pineapple chunks  
1 small package sugar-free, fat-free vanilla or banana cream pudding mix

Do not drain fruit and use the pudding mix dry. Combine all ingredients and blend well. Chill about 1 hour.

3 POINTS per cup.

### *BAKED ZUCCHINI STICKS*

Slice a zucchini into sticks and dip them into a beaten egg white with salt, pepper and some chili powder. Put 3 Tbsp. Italian bread crumbs into a baggie. Throw the zucchini sticks, a few at a time, into the baggie and shake until covered. Spray some Pam onto a cookie sheet and place the zucchini in a single layer and spray Pam on top. Bake at 400 for about 20 minutes, then broil for a few minutes to get them crunchy. Sprinkle with parmesan cheese.

Count as 2 points - 1 zucchini = 0, 1 egg white = 0, 3 Tbsp. bread crumbs = 1, 1 Tbsp. parmesan cheese = 1.

### *ROASTED RED PEPPER DIP*

1/2 large can of roasted red peppers, drained  
2 tsp. tomato paste  
2 garlic cloves, minced  
2 Tbsp. Balsamic Vinegar  
2 tsp. Chili powder

Mix in food processor, and serve with low fat chips or crackers, great change from salsa.

0 points for the dip

### *BANANA CHOCOLATE CHIP MINI-MUFFINS*

1 cup low fat vanilla yogurt  
1/2 cup skim milk  
1/2 cup uncooked quick oats  
1/2 tsp. vanilla  
1 egg, beaten  
1 large banana, mashed  
1/2 cup brown sugar  
1 1/4 cup flour  
1/2 tsp. baking soda  
2 tsp. baking powder  
1/2 tsp. salt  
1/2 cup mini chocolate chips

Preheat oven to 375. Combine yogurt, milk, oats, vanilla, egg and banana. Set aside for 5 minutes to soften. In separate bowl, stir together brown sugar, flour, baking soda, baking powder and salt. Stir flour mixture into yogurt mixture to moisten. Add chips. Do not beat, will be thick. Spoon by heaping teaspoons into mini-muffin tins. Bake until golden brown, about 15-18 minutes.

Makes 36 mini-muffins at 1 point each.

### *PEACH COBBLER*

1 cup self rising flour  
1 cup skim milk  
1 cup Splenda  
1 can peaches in own juice  
Butter flavored Pam

Mix first 3, fold in peaches, pour into greased (Pam) dish and then give a light spray of Pam on top. Bake in 375 degree oven for 30-35 minutes or until golden brown.

6 servings, 2 POINTS each

### *KEY LIME PIE BARS*

3 tbsp. margarine, softened  
3 tbsp. fat-free cream cheese  
1 1/2 cups sugar  
1 large egg yolk  
3/4 cups all-purpose flour  
2 Tbsp. all-purpose flour  
3 Tbsp. powdered sugar  
1 large egg  
1/4 cups fat-free egg substitute  
1/3 cups fresh lime juice, from Key limes

Preheat oven to 350°F. Coat an 8-inch square baking dish with cooking spray. To make the crust, beat margarine, cream cheese and 1/2 cup of sugar with an electric mixer until light and fluffy. Beat in egg yolk and gradually add 3/4 cup of flour. Spread into baking dish using your hands (coat hands with 1 tablespoon of powdered sugar to prevent batter from sticking - or I stick my hand inside a plastic sandwich bag). Bake until crust is lightly browned, about 15 minutes.

To make the filling, beat egg and egg substitute in the same bowl used to make crust. Add remaining 1 cup of sugar and 2 tablespoons of flour; beat on low speed until blended. Add lime juice; beat on low speed until blended. Pour onto warm crust and bake 15 minutes more. Cool on a rack. Sprinkle with 2 tablespoons powdered sugar.

16 servings, 3 POINTS each

### ***BROCCOLI SALAD***

3/4 cup nonfat mayonnaise  
3 Tablespoons sugar  
1 tablespoon red wine vinegar  
1 head broccoli  
1 small red onion  
6 slices bacon -- cooked and chopped  
1/4 cup pecans

Cut broccoli (including stem) into small pieces and blanch in boiling water for 3 minutes. Rinse with cold water and let drain. Finely chop red onion. Mix first 3 ingredients in bowl until well combined. Add broccoli and onions. Refrigerate 2 hours. Before serving add bacon and pecans.

6 servings, 2 POINT each

Tip: Use Gwaltney lower-fat bacon. Look for the green box.

### ***CROCKPOT SOUR CREAM SALSA CHICKEN***

4 skinless boneless chicken breast halves (3 oz each)  
1 package reduced-sodium taco seasoning mix (someone suggested using 1/2 package)  
1 cup salsa  
2 tablespoons cornstarch (someone said this wasn't necessary)  
1/4 cup light sour cream

Spray the crockpot with cooking spray. Add the chicken breasts. Sprinkle with Taco Seasoning. Top with salsa. Cook on low for 6-8 hours. When ready to serve, remove the chicken from the pot. Place about 2 T cornstarch in a small amount of water. Stir well. Stir the cornstarch mixture into salsa

sauce. Stir in 1/4 cup of sour cream.

4 servings, 4 POINTS each

### ***BAKED ARTICHOKE DIP***

3/4 cup nonfat cottage cheese  
1 Tbsp. Flour  
1 Tbsp. Lemon juice  
1/8 tsp. White pepper (regular pepper works fine)  
1/2 tsp. Crushed garlic  
1 10oz package frozen artichoke hearts, thawed, or 1 14oz can artichoke hearts, drained  
1/4 cup plus 2 Tbsp. Grated nonfat or reduced-fat Parmesan cheese

Put cottage cheese, flour, lemon juice, pepper, and garlic in a food processor or blender. Process until smooth. Add the artichoke hearts and all but 2 tablespoons of the Parmesan cheese. Process until the mixture is slightly chunky. Coat a small casserole dish with cooking spray. Put the artichoke mixture in the dish, top with the remaining Parmesan, and bake at 400 degrees for 25 minutes or until the edges are bubbly and the top is lightly browned. Serve hot with whole grain crackers, chunks of sourdough bread, or Pita chips.

Makes 2 cups. Serving size: 2 Tablespoons = 1 POINT

### ***BAJA SHRIMP SALAD***

1/2 pound cooked shrimp, thawed and drained (or shelled and cooled)  
1/2 cucumber, peeled, seeded, and thinly sliced  
6 radishes, thinly sliced  
2 scallions, sliced  
1/4 cup white wine vinegar  
1 1/2 tsp. Sugar

Combine all ingredients in a bowl and toss well. Chill.

2 servings, 4 POINTS each

### ***HASHBROWN CASSEROLE***

1 small onion  
1 cup reduced fat Cheddar cheese  
2 Tbsp. margarine  
1/2 tsp. pepper  
1 32oz package of southern-style hash browns, thawed

16 oz container fat-free sour cream  
1 10oz can of reduced fat Cream of Mushroom soup

Spray a baking dish with cooking spray. Combine all ingredients and place in baking dish. Bake at 350 degrees for 1 hour.

Serving size: 1 cup = 3 POINTS

### *CROCKPOT CHICKEN STROGANOFF*

6 skinless, boneless chicken breast halves  
1 can 98% fat free Cream of Mushroom soup  
16 oz fat-free sour cream  
1 envelope Lipton onion soup mix, dry

Put frozen chicken breasts in the bottom of crockpot. Combine soup, sour cream, and onion soup mix. Pour over chicken. Cook on low for 7 hours. Server over noodles or rice.

6 servings, 4 POINTS each (add points for noodles or rice)

### *APPLE CARROT MUFFINS*

1/2 cup unsweetened apple sauce  
1/2 cup apples, diced  
1 tsp. cinnamon  
1/8 tsp. cloves  
2 eggs or 1/2 cup Egg Beaters  
6 Tbsp. Flour  
1 tsp. baking powder  
2/3 cup powdered milk  
1/4 cup Splenda  
1 tsp. vanilla  
1/2 cup carrots, grated

Mix all ingredients. Spray 12 muffin cups with cooking spray. Divide batter evenly between muffin cups. Bake at 350 degrees for 25 minutes.

12 muffins, 1 POINT each

### *RHUBARB CRISP*

1 pound rhubarb cut into 1 inch pieces (blanch for 3 minutes in boiling water, drain)  
1 quart fresh sliced strawberries (or 2 cartons sugar-free frozen strawberries)  
1 small package sugar-free strawberry or cherry Jell-O  
2/3 cup boiling water

1 cup reduced-fat Bisquick  
1/2 cup skim milk  
1/3 cup sugar  
1/4 cup egg substitute (or 3 egg whites)  
1 tsp. butter flavor extract (I left this out and couldn't tell the difference)

In a glass 9x9 or 9x12 baking dish, spread the blanched rhubarb. Top with the sliced strawberries. Sprinkle the dry Jell-O over the top of the strawberries. Pour the 2/3 cup boiling water over the Jell-O.

In a bowl, mix the Bisquick, sugar, milk, butter flavoring, and egg substitute. Gently spread this dough over the fruit. Bake at 400 degrees for about 25-30 minutes or until the crust is a delicate brown.

4 servings, about 3 POINTS each

If you've been afraid to try rhubarb, this is the recipe for you! DH thought he'd died and gone to heaven.

### *SAUSAGE AND RED CABBAGE*

1/2 12oz package chicken apple sausage, cut into 1/2 inch pieces  
2 cups chopped Granny Smith apples  
1 cup chopped onions  
1 10oz package or 6 cups of sliced red cabbage (you must use red because of the cider!)  
1 cup apple juice or apple cider  
1 cup dry red wine  
1 1/2 Tbsp. Brown sugar  
1/4 tsp. salt

Heat a large non-stick skillet over medium-high heat. Saute the sausage pieces for about 4 minutes. Remove from the pan. Add the apple, onion, and cabbage and cook for 5 minutes, stirring frequently. Add the sausage, juice, wine, sugar and salt. Bring to a boil. Reduce heat and simmer 10 minutes.

4 servings, 3 POINTS each

### *MAMA'S MEATLOAF*

1 cup chopped onion  
1 cup chopped green pepper  
3 Tbsp. minced parsley  
1 tsp. pepper  
3/4 tsp. salt  
1 large egg, beaten  
1 slice white bread, torn into small pieces (or 1/3 cup bread crumbs)  
1 1/2 pounds ground round

1/3 cup ketchup

Preheat oven to 350. Combine the onion, green pepper, parsley, ground pepper, salt, egg, and bread crumbs until the crumbs are moist. Crumble beef over the onion mixture and stir until just blended. Pack the mixture into a 9x5 loaf pan coated with cooking spray. Spread ketchup over the top of the meatloaf. Bake at 350 for 1 hour or until meat loaf registers 160 on a meat thermometer. Let stand in the pan for 10 minutes. Remove the loaf from the pan and cut into slices.

6 servings, 5 POINTS each

I use an 8x4 inch pan to make it in order to get a taller loaf shape. This is the meatloaf I make most often. I like it because it's just me and DH and this is a small recipe.

### *BAKED RED SNAPPER*

1 Tbsp. Olive oil (divided into 3 tsp.)  
4 8oz red snapper fillets  
1 medium onion, thinly sliced into rings  
2 plum tomatoes, thinly sliced or chopped  
1 green bell pepper, seeded and thinly sliced

Preheat oven to 375. Brush a 13x9 inch baking dish with 1 tsp of the oil. Arrange fish fillets in the dish. Brush with the remaining 2 tsp. of oil. Arrange onion, tomatoes, and green pepper over the fish. Cover dish with foil. Bake until fish flakes easily with a fork, about 20 minutes.

Makes 4 servings, 6 points per serving

This works for any fish. For fish like salmon, you won't need the oil. DH didn't know he liked fish until I started making it this way. You can also substitute spoonfuls of salsa for the vegetables. Gives it a new tangy taste.

### *DEEP-DISH PIZZA CASSEROLE*

1 pound ground round  
1 15oz can chunky Italian-style tomato sauce  
1 10oz can refrigerated pizza crust dough  
6 1oz slices part-skim mozzarella cheese

Cook meat in a skillet over medium-high heat until browned, stirring until it crumbles. Drain any grease. Add tomato sauce and cook until heated. While the meat cooks, spray cooking spray on a 13x9 baking pan. Unroll pizza dough and press into the bottom and halfway up the sides of the baking pan. Line the bottom of the crust with three slices of the mozzarella cheese. Top with meat and tomato mixture. Bake, uncovered, at 425 degrees for 12 minutes. Top with remaining 3 cheese slices and bake and additional 5 minutes or until the crust is browned and the cheese melts.

6 servings, 8 points each

### *CHEESY CHICKEN STUFFED SHELLS*

8 jumbo pasta shells  
1 1/2 cups tomato sauce  
2 egg whites, lightly beaten  
1 1/2 cups reduced-fat Ricotta cheese  
1 small skinless chicken breast, cooked and cubed (good use of leftover chicken)  
1 cup frozen chopped spinach, thawed and with extra water squeezed out  
1 tsp. garlic powder  
1 Tbsp. Italian seasoning  
1 cup reduced-fat mozzarella cheese, shredded  
2 Tbsp. Parmesan cheese, grated

Preheat oven to 350. Cook the pasta shells in boiling water. Drain and rinse under cold water to stop them cooking further. Coat a 13x9 inch pan with cooking spray. Spread 1/2 cup of tomato sauce over the bottom of the pan.

For the filling, in a large bowl stir together the egg whites, Ricotta cheese, cubed chicken, spinach, garlic powder, and the Italian seasoning. Stir in 1/4 cup mozzarella cheese and 1 Tbsp. Parmesan cheese. Spoon the filling into the shells and place the filled shells in a single layer in the baking dish. Spread the remaining tomato sauce on top of the shells. Sprinkle the shells with the remaining cheeses. Bake about 30 minutes.

2 shells per serving, each serving 8 points

### *SPINACH PASTA BAKE*

1 7oz package elbow macaroni, cooked and drained  
1 10oz package frozen chopped spinach, thawed and squeezed dry  
1 4oz can sliced mushrooms, drained  
1 cup Reduced Fat Bisquick  
1 3/4 cups skim milk  
1 1/4 cups egg substitute (or 2 eggs plus 4 egg whites)  
2/3 cup grated Parmesan cheese  
1 tsp. salt  
3/4 tsp. pepper  
1/4 tsp. ground nutmeg  
2/3 cup reduced-fat cheddar cheese, shredded

Heat oven to 375. Spray an 11x7 cooking pan with cooking spray. Stir together macaroni, spinach and mushrooms and spread the mixture in the pan. Beat the remaining ingredients except cheddar cheese with a whisk or hand beater for about 1 minute or until almost smooth. Stir the cheddar cheese into the egg mixture. Pour over the spinach mixture in the pan. Bake uncovered for 40 - 45 minutes or until golden brown.

8 servings, 4.5 POINTS each

## *EASY TUNA CASSEROLE*

1 can tuna in water, drained  
1 cup macaroni, uncooked  
1 onion, chopped  
1 can peas, drained (baby peas if possible)  
1 can reduced fat Cream of Mushroom soup  
1 cup skim milk  
6 Tbsp. reduced fat cheddar cheese, shredded

In a casserole dish, stir together the tuna, macaroni, onion, peas, mushroom soup, and milk. Make sure the macaroni is covered by the sauce. Sprinkle with the cheddar cheese. Cover and bake at 350 for 1 hour.

4 servings, 3 POINTS each

## *LIGHT PIE CRUST*

- fits the bottom of a 9" pie plate

1 cup flour  
3 1/2 Tbsp. ice water  
1 tsp. sugar  
1/4 tsp. salt  
3 Tbsp. vegetable shortening (i.e. Crisco)

Combine 1/4 cup flour and ice water, stirring until well blended. Set aside. Combine remaining flour with sugar and salt. Cut in shortening with a pastry blender or fork until mixture resembles meal. Add ice water mixture. Blend until dry ingredients are moistened. Press the dough into a 4 inch circle on waxed paper or plastic wrap. Cover with another piece of waxed paper or plastic wrap. Roll covered dough into an 11 inch circle. Chill at least 10 minutes or until the paper or wrap can be removed. Coat a 9" pie plate with cooking spray. Remove top sheet of paper or wrap from the dough. Invert into the pie pan. Remove bottom sheet of paper or wrap. Pat down into the pie pan, trying to not warm up the dough. Fold the upper edges of the dough and flute the edge (pinching works fine). Bake at 400 degrees for 15 minutes. Cool and fill the pie shell.

1/8 of crust = 2 POINTS

## *HONEY MUSTARD CHICKEN*

3/4 cup light honey mustard dressing  
1/8 tsp salt  
1/8 tsp pepper  
2 tsp dill weed, freshly chopped

1 medium scallion, finely sliced (or finely chopped onion or chopped green onion)  
1 cup corn flake crumbs  
1 pound boneless, skinless chicken breasts (four 4oz halves)

Preheat oven to 425. Coat a baking pan with cooking spray. In a small bowl, combine honey mustard dressing, salt, pepper, dill and scallions. Remove 1/3 cup of the mixture and set it aside. Put corn flake crumbs into a shallow bowl. Dip the chicken breasts into the honey mustard mixtures and then into the corn flake crumbs. Place each breast into the baking pan. Bake uncovered until the chicken is golden and no longer pink inside, about 15 minutes. Drizzle remaining honey mustard dressing mixture over the chicken breasts and serve.

4 servings, 7 POINTS each

I used O'Charley's Lite Honey Mustard dressing for this, and it turned out great. Do not forget to coat the pan with spray - otherwise the chicken will burn on the bottom and stick to the pan! I used dried dill weed and it didn't seem to add anything. I used the remaining honey mustard dressing as a dip instead of a drizzle.

### *CROCKPOT CORN, HAM, and POTATO SCALLOP*

6 cups baking potatoes, peeled and cut into 1" cubes  
1 1/2 cups cooked ham, cubed  
1 15oz can whole kernel corn, drained  
1/4 cup green bell pepper, chopped  
2 tsp. instant minced onion  
1 10oz can condensed cheddar cheese soup  
1/2 cup skim milk  
2 Tbsp. flour

Combine potatoes, ham, corn, pepper, and onion in a Crockpot. In a small bowl, mix the cheese soup, milk, and flour. Beat with a whisk until smooth. Pour soup mixture over the potato mixture in the Crockpot. Stir gently to mix. Cover and cook on Low for 7-9 hours or until potatoes are tender.

6 servings, 6 POINTS each

Notes: The 1-inch chunks of potato work well because they don't get too soft during the long cooking time. Leftover cooked roast beef or turkey can be used in place of the ham.

### *OAT APPLE CRISP*

6 large apples, peeled and sliced  
1/2 cup orange juice  
3 tsp. sugar substitute (or equivalent to 1/2 cup sugar)  
1/2 tsp. cinnamon  
3/4 cup flour

1/2 cup light brown sugar  
1/4 tsp. salt  
7 Tbsp. lower fat margarine  
1/4 cup rolled oats

Arrange apples in a baking dish sprayed with cooking spray. Pour orange juice over the apples. Combine sugar substitute and cinnamon and sprinkle over the apples. Combine flour, brown sugar, rolled oats, salt, and margarine to make a crumbly mixture. Spread over apples. Bake at 350 until apples are tender and the crust is lightly browned, about 45 minutes.

8 servings, 4 POINTS each

### *CREAMY BOWTIE PRIMAVERA*

8 oz bow tie pasta, uncooked  
1 cup broccoli flowerets  
1 cup sliced carrots  
1 8oz pkg. fat free cream cheese, cubed  
3/4 cup skim milk  
1/4 cup Kraft reduced fat Parmesan Style Grated Topping  
1/4 cup chopped green onions  
1/2 tsp. Italian seasoning  
1/4 tsp. garlic powder

Prepare pasta as directed on package, adding the broccoli and carrots to the water during the last 5 minutes of cooking time. Drain. Stir cream cheese, milk, grated topping, onions, and seasoning into a large saucepan over low heat until smooth. Add pasta and vegetables and toss lightly.

6 servings, 6 POINTS each

### *TURKEY QUICHE*

2 cups cooked turkey, chopped  
1 large carton Egg Beaters (or other egg substitute)  
1/2 cup 2% sharp cheddar cheese  
1 tsp. garlic  
1 bag chopped broccoli, cooked and finely chopped  
1 Tbsp. Italian bread crumbs

Spray a pie plate with cooking spray. Sprinkle the plate with the bread crumbs, shaking around to coat the plate. Combine all the other ingredients. Pour into the pie plate. Bake at 350 for 25-35 minutes or until set.

6 servings, 2 POINTS each (entire pie is 12 points)

A great way to use up extra turkey after Thanksgiving!

## *CREAMED CORN PANCAKES*

1 16oz can creamed corn  
3 heaping tablespoons of flour  
1 egg  
1 tsp. baking powder

Combine all ingredients. Spray a skillet with cooking spray and heat. Pour 1/4 cup corn batter onto the hot skillet. Fry until golden brown. Turn over and brown other side. Salt lightly and serve.

2 pancakes = 2 POINTS

## *OREO MOUSSE*

1 small pkg sugar-free instant pudding, chocolate or white chocolate  
1 12oz container Cool Whip Free, thawed  
4 reduced-fat Oreo cookies, crushed, reserve some crumbs for the top

Mix the dry pudding with the Cool Whip and crushed Oreos. Pour into a pan. Sprinkle the top with the reserved Oreo crumbs. Freeze.

6 servings, 3 POINTS each

Someone was worried about buying a whole package of Oreos just to get 4 cookies. A lot of temptation there. My solution: I buy the Oreos on my way to work, remove 4 cookies from the package, and leave the rest to be devoured by the work vultures. The package usually lasts about 15 minutes, not long enough for me to be tempted.

## *WHITE CHICKEN CHILI*

6 3oz boneless chicken breasts  
2 19oz jars of Picante sauce (the original poster suggested one mild and one medium)  
49 oz chicken broth  
48oz canned Great Northern beans  
1 tsp. cumin  
1 tsp. garlic powder

Boil the chicken and shred the meat. Combine all ingredients in a large pan. Bring to a boil and simmer for 20 minutes. Simmer longer if you want the soup to cook down a bit.

15 servings, 1 cup = 2 POINTS

## *TIRAMISU*

1/3 cup General Foods International instant coffee, Kahlua flavor  
2 Tbsp. hot water  
1 3oz pkg Lady Fingers  
2 1/2 cups cold skim milk  
1 8oz container Fat Free cream cheese  
1 8oz pkg Jell-O Fat Free/Sugar Free vanilla pudding mix  
1 cup Cool Whip Lite, thawed (or you can use Cool Whip Free)

In a small bowl, dissolve 1 Tbsp. of the instant coffee in the hot water. Cover the bottom and sides of a shallow 2-quart dessert dish with the Lady Fingers. Sprinkle the Lady Fingers with the dissolved coffee. Put 2/3 cup milk, cream cheese, and remaining undissolved coffee into a blender. Blend on medium until smooth. (I think you could also beat them together using a hand mixer.) Add the pudding mix and remaining mix. Blend on medium until smooth. Pour the mixture over the Lady Fingers in the dessert dish. Top with the Cool Whip. Refrigerate at least 3 hours or until set. If desired, sprinkle with cinnamon or cocoa powder before serving.

8 servings, 2 POINTS each

Lady Fingers are a kind of sponge cookie. Look for them in the cookie section of your grocery.

## *BANANA OATMEAL COOKIES*

1 1/2 cups flour  
24 packets Sweet 'n Low sugar substitute  
1/2 tsp. baking soda  
1 tsp. salt  
3/4 cup plain low-fat yogurt (or you can use unsweetened applesauce)  
1 egg  
1 cup ripe bananas, mashed  
1 3/4 cup uncooked Quaker Quick rolled oats

Combine flour, sweetener, baking soda, and salt in a large bowl. Stir in yogurt or applesauce with a fork until the mixture looks like fine crumbs. Beat the egg. Stir the egg and the rest of the ingredients into the flour mixture. Beat well. Drop by teaspoonfuls onto a greased cookie sheet. Bake at 400 degrees for about 12 minutes or until brown.

1 cookie = 1 point

I don't know how many cookies this recipe is supposed to make, but for portion control, I would use a teaspoon measure to scoop out the dough for each cookie.

## *FRIED RICE*

4 cups cooked rice, cold

1/4 cup green onions, thinly sliced  
1/2 cup frozen peas  
1/4 cup carrots, minced  
1/2 tsp ginger  
1/2 tsp. granulated garlic  
1/4 cup Egg beaters  
2 Tbsp. low sodium soy sauce  
1/2 tsp. Splenda

Spray a wok or skillet with cooking spray. Add the onions, peas, and carrots. Cook, stirring, until tender crisp. Add the rice and heat. Make a hole in the center of the rice mixture. Add the Egg Beaters and fry in the hole until the eggs are set. Chop up the eggs and mix the eggs into the rice mixture. Mix the soy sauce, seasonings, and Splenda. Add to the rice mixture and stir until mixed well.

8 servings (1/2 cup), 2 POINTS each

### *STRAWBERRY BREAD*

3 cups flour (all purpose or whole wheat)  
1 tsp baking soda  
1 tsp salt  
1 Tbsp. cinnamon  
1/2 cup sugar or Splenda (may need to add more)  
2 tsp vanilla  
4 eggs or 1/2 cup Egg Beaters  
2 cups strawberries, chopped (if using frozen, thaw)  
1 1/2 cups unsweetened applesauce  
1 1/4 cups chopped pecans (optional)

Mix together the dry ingredients. Combine the eggs, strawberries, and applesauce and add to the dry ingredients. Stir in pecans. Pour into 2 9inch loaf pans. Bake at 325 for about 1 hours.

Approximately 15 points for each loaf, so about 2 points a slice

Because there are so many variations possible in this recipe, it would be wise to recalculate the points based on the ingredients you choose. You can certainly lower the point count by not using the pecans.

### *PUMPKIN BREAD*

1 cup applesauce  
2 cups pumpkin (1 large can)  
3 cups sugar  
1 1/4 cup Egg Beaters  
1/4 cup water  
3 1/3 cup flour  
1 1/2 tsp salt  
1/2 tsp each: nutmeg, ground cloves, cinnamon

1 tsp baking powder  
1 1/2 tsp baking soda

Mix applesauce, pumpkin, sugar and eggs. Add the rest of the ingredients. Spray cooking spray in the bottom of three 8" loaf pans. Divide dough between pans. Bake at 350 for 1 hour or until done.

This recipe makes three small loaves, 36 servings total. 2 POINTS per serving.

This was my first "recipe renovation," substituting the applesauce and Egg Beaters in an old fatty recipe. DH actually likes this version better! Thanks to Maryzotz for figuring the points for me.

I found this recipe in the Community Recipe Swap and it's now one of my favorites. Thanks, JACKIAH!

### *SHRIMP CREOLE*

3/4 cup onion, chopped  
1 clove garlic, minced  
1 medium green pepper, chopped  
1/2 cup celery, finely chopped  
1 tablespoon margarine (I didn't use this)  
8 ounces tomato sauce  
1/2 cup water  
1 bay leaf, crumbled  
1 teaspoon parsley, minced  
1/2 teaspoon salt  
1/8 teaspoon cayenne pepper  
1 pound shrimp, peeled and tails removed  
3 tablespoons flour  
1/8 teaspoon chili powder  
1/8 teaspoon Tabasco sauce  
1 pound canned tomatoes

In medium skillet, spray pan heavily with Pam and saute onion, garlic, green pepper, and celery in margarine about 5 minutes or until tender. Remove from heat; stir in tomato sauce, tomatoes, water, bay leaf, parsley, salt, pepper, flour Tabasco and chili powder. Simmer 10 minutes. Add shrimp. Bring mixture to a boil; cook covered over medium heat for 5 minutes. Serve Shrimp Creole over rice.

4 servings, 4 POINTS each (add points for rice)

### *BAKED OATMEAL*

2 cups oatmeal  
1 1/2 tsp. baking powder  
1 cup skim milk  
1 whole egg plus 1 egg white (or 1/4 cup egg substitute)

1/2 cup applesauce  
1/4 cup brown sugar  
1/4 cup raisins  
1/4 tsp. cinnamon  
1 tsp vanilla extract

Mix Oatmeal and baking powder. Add remaining ingredients and mix well. Pour in sprayed 9" pie pan or casserole dish or sprayed muffin tins. Bake for 45 minutes at 350 degrees.

6 servings, 3 POINTS each (or 12 muffins, 1.5 points each)

### *CRAB QUICHE*

1 Package Louis Kemp Crab Delights 8 Oz. -- flaked  
3/4 Cup Sargento Light Shredded Mexican Cheese  
1/2 Package Fat Free Cream Cheese (8 Oz Package) -- cut into 1/4" cubes  
1/4 Cup Green Onions -- sliced  
1/2 Tsp Salt  
1/2 Tsp Basil  
1/2 Cup Reduced Fat Bisquick  
1 Cup Skim Milk  
1/2 Cup Egg Beaters

Mix crab delights, shredded cheese, cream cheese, onions, salt and basil in a medium bowl. Spread mixture into the bottom of a 9-inch pie plate sprayed with nonstick cooking spray. Beat remaining ingredients with an electric mixer for 1 minute. Pour over crab mixture. Bake at 375 degrees for about 40-45 minutes.

6 servings, 3 POINTS each

### *BROCCOLI CASSEROLE*

1 1/2 cups shredded nonfat or reduced-fat sharp Cheddar cheese  
2 packages (10 ounces each) frozen chopped broccoli, thawed and drained  
1/3 cup finely chopped onion  
1/3 cup fat-free egg substitute  
1 3/4 cups dry curd or nonfat cottage cheese  
2 Tbsp unbleached flour  
1/4 tsp ground white pepper  
3 Tbsp finely ground fat-free cracker crumbs

Set aside 1/2 cup of the grated Cheddar cheese. Combine the rest of the cheese and all of the remaining ingredients except for the cracker crumbs in a large bowl, and stir to mix well. Coat a 2 1/2 quart casserole dish with nonstick cooking spray. Place the broccoli mixture in the dish, sprinkle with the cracker crumbs, and spread the reserved cheese over the top. Bake at 350 degrees for 50 minutes or until the top is golden brown. Let sit for 5 minutes before serving.

12 servings , 1.5 POINTS each, Serving size: 2/3 cup

### *CLASSIC PECAN PIE*

(from Cooking Light)

#### Crust:

1 cup all-purpose flour  
2 tablespoons granulated sugar  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/4 cup fat-free milk  
1 tablespoon butter or stick margarine, melted  
Cooking spray

#### Filling:

1 large egg  
4 large egg whites  
1 cup light or dark-colored corn syrup  
2/3 cup packed dark brown sugar  
1/4 teaspoon salt  
1 cup pecan halves  
1 teaspoon vanilla extract

Combine flour, granulated sugar, baking powder, and 1/4 teaspoon salt in a bowl. Add milk and butter; toss with a fork until moist. Press mixture gently into a 4-inch circle on heavy-duty plastic wrap; cover with additional plastic wrap. Roll dough, still covered, to an 11-inch circle. Freeze 10 minutes or until plastic wrap can be easily removed. Remove 1 sheet of plastic wrap. Fit dough into a 9-inch pie plate coated with cooking spray. Remove top sheet of plastic wrap. Fold edges under and flute.

Preheat oven to 350 degrees. To prepare the filling, beat the egg and the next 4 ingredients (egg through 1/4 teaspoon salt) at medium speed of a mixer until well-blended. Stir in the pecan halves and the vanilla extract. Pour the mixture into the prepared crust. Bake the pie at 350 degrees for 20 minutes, then cover with foil. Bake the pie an additional 20 minutes or until a knife inserted 1 inch from the edge comes out clean. Do not over bake. Cool pie on a wire rack. Yield: 10 servings.

CALORIES 288 (29% from fat); FAT 9.2g (sat 1.5g, mono 5.1g, poly 2g); PROTEIN 4.3g; CARB 48.1g; FIBER 1g; CHOL 25mg; IRON 1.1mg; SODIUM 253mg; CALC 52mg

POINTS = 6.3 per slice

### *DELUXE MEATLOAF*

2 eggs lightly beaten  
1 cup seasoned bread crumbs  
1-1/2 cups ketchup, divided (mix half rest on top)  
1 can 16 oz, kidney beans, rinsed, drained & mashed - 1 large onion & 1 celery rib chopped  
2 teaspoons of Worcestershire sauce

1 teaspoon lemon pepper seasoning  
1/2 teaspoon seasoned salt  
2-1/2 lbs of lean ground beef  
1/2 cup of water

In a large bowl combine the eggs, 1 cup ketchup, beans, bread crumbs, onion, celery, Worcester sauce, lemon-pepper and seasoned salt; crumble beef over mixture and mix well. Shape into two loaves. Place in a 13x9x2 inch baking dish coated with nonstick cooking spray. Combine the remaining ketchup with the water and pour over the loaves, Bake uncovered at 325 degrees for 70 minutes.

12 servings, 6 POINTS each

### *LIGHT CHEX MIX*

3 cups Rice Chex  
3 cups Corn Chex  
3 cups cheerios  
3 cups pretzels  
Butter cooking spray  
2 tsp Worcestershire sauce  
2 tsp butter flavored sprinkles  
1/2 tsp garlic powder (or more)  
1/2 tsp seasoned salt  
1/2 tsp onion powder (or more)

In 15" x 10" x 1" baking pan, combine cereals & pretzels. Lightly coat with a butter cooking spray, drizzle with Worcestershire sauce. Combine remaining ingredients & sprinkle over cereal mix. Bake at 200 degrees for 1 1/2 hours, stirring every 30 minutes. Cool. Store in airtight container.

12 1-cup servings, 2 POINTS each

### *IMPOSSIBLE COCONUT PIE*

1/2 cup LF margarine (like Shedd Spread)  
2 cup 1% milk  
1 cup sugar  
2 eggs  
1 - 4 oz. container Egg Beaters  
1/2 cup flour  
1/4 tsp. salt  
1 cup coconut /or crushed pineapple

Pre heat oven on 350 degrees. Spray Deep Dish 10" Pie Plate with Pam. Place ingredients in a blender. Mix thoroughly. Pour mixture into dish...bake for 40 minutes. Or until knife inserted into center comes out clean. This pie will "puff up" while baking, but will settle once out and cooling on counter.

8 servings, 5 points each

### *FAUX EGG MCMUFFIN*

1/4 cup Egg Beaters (or 3 egg whites) = 1 point  
small English muffin = 2 points  
Kraft 2% sharp cheddar cheese = 1 point  
1 slice lean Canadian bacon = .5

Press the slice of Canadian bacon down into a small microwave-safe cup or bowl. Pour the Egg Beaters over. Cover loosely with a piece of plastic wrap. Microwave on high for about 1 minute or until the egg foams up and gets solid. (It will look like it's exploding out of the cup, which is why you need the plastic wrap. But the plastic wrap should be loose so steam can escape.) Remove the plastic wrap and put the cheese slice on top of the egg, folding the corners in to make it fit. Toast the English muffin. Run a spoon around the edge of the egg to loosen and plop onto the muffin bottom. Top with the muffin top.

1 serving, 4.5 POINTS

This is a very filling breakfast and a lot more points friendly than the 8-point McDonalds variety! It would be even better if I could find the elusive 1-point English muffin.

### *TERIAKI CHICKEN*

4 chicken breasts  
6 TBS soy sauce  
6 TBS honey  
3 TBS white vinegar  
1 1/2 tsp dried thyme  
1 1/2 tsp paprika  
1/2 tsp cayenne pepper  
1/2 tsp ground allspice  
1 tsp pepper

Preheat oven to 375°. Combine soy sauce, honey, vinegar, thyme, paprika, cayenne pepper, allspice and pepper in a shallow baking dish; mix well. Pierce both sides of each chicken breast w/a fork. Place in baking dish; turn chicken several times using tongs. Bake chicken, basting several time with sauce, for 30 min. Serve over rice or chill breasts and slice into thin strips for chicken salads or wraps.

4 servings, 5 POINTS each

### *BASQUE CHICKEN*

4 slices cooked Canadian-style bacon, crumbled  
1 pound boneless, skinless chicken breasts, cut into 1-inch pieces  
2 medium onions, sliced  
1 medium sweet red pepper, seeded and sliced into thin strips

1 medium yellow pepper, seeded and sliced into thin strips  
3 medium garlic cloves, minced  
1/2 cup wine, white  
14 1/2 oz canned diced tomatoes, drained  
1 tsp dried thyme  
1/8 tsp table salt, or to taste  
1/8 tsp black pepper, or to taste  
2 cup cooked white rice

Coat a Dutch oven with cooking spray. Cook chicken over medium-high heat until no longer pink in center, about 4 minutes. Remove and set aside.

Reduce heat to medium. Add onions and peppers; cook until soft, 5 to 7 minutes, stirring frequently. If necessary, add water to pot to keep onions from burning. Add garlic and cook 1 minute more.

Add wine, tomatoes, thyme and reserved bacon and chicken. Bring to a boil. Reduce heat to low; simmer until chicken is cooked through, about 5 minutes. Season to taste. Serve over the white rice.

Serves 4, 7 POINTS per serving

### *STRAWBERRY ANGEL FOOD TRIFLE*

4 cups cubed angel food cake  
1- 8 oz box sugar free strawberries Jell-O  
1-large Pkg vanilla pudding sugar free  
1/2 of an 8 oz. container Cool Whip Lite  
2 Cup sliced strawberries

Make FF pudding mix according to directions. Just before you start to assemble the trifle, fold together the pudding and Cool Whip. Find a pretty, clear glass bowl, and layer trifle. Alternate several layers of cut up cake and strawberries.

Mix Jell-O with 2 cup of hot water. Pour over cake and berries . Cool . Next pour pudding and Cool Whip mix over the trifle and garnish with a couple of strawberries. It's a beautiful dessert, and you can serve after cooling but its really better the next day.

12 1-cup servings, 3.5 POINTS each

### *CELEBRATION CAKE*

Betty Crocker Super Moist Yellow Cake Mix  
3 Egg Whites  
1/3 cup Unsweetened Apple Sauce  
1 sm can Mandarin Oranges in Juice

Frosting:  
8 oz Cool Whip Lite

1 pkg Sugar Free Instant Pudding Mix (dry)  
1 sm can Crushed Pineapple in own Juice

Preheat oven 350. Spray an 13 x 9 pan with cooking spray. Mix the cake mix, egg whites, apple sauce, and the oranges with their juice. Pour into the prepared pan. Bake 25-30 minutes until a toothpick comes out clean. Cool the cake completely.

For the frosting, gently fold together the Cool Whip, the pudding mix and the pineapple with its juice. Frost the cake. The frosted cake should be stored in the refrigerator.

18 servings, 3 POINTS each (I think 12 servings would be about 4 points each)

### *EASY FAT-FREE FROSTING*

1pkg. of ff/sugarfree pudding, any flavor  
1 1/2 cups cold skim milk  
1 envelope Dream Whip topping mix

Beat the milk, whipped topping mix and pudding on a low speed until blended and then on high for 4-6 minutes or until soft peaks form. Makes about 3 cups. Enough to frost a 13x9 cake. Refrigerate.

10 points for the whole batch

Dreamwhip is a dry topping mix. You can usually find it near the Jell-O at the grocery store.

### *PUMPKIN BUTTER*

1 1/2 cups fresh pumpkin  
1 cup brown sugar  
1/2 cup sugar  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cloves  
dash salt

Cook pumpkin until tender. Drain off liquid & mash. Add the rest of ingredients. Cook over med. heat until desired consistency. Can and seal according to manufacturers instruction or store in refrigerator.

1 Tablespoon = 0 points

## *PUMPKIN PIE WONTONS*

1 cup canned pumpkin  
2 Tbsp maple syrup  
3 Tbsp brown sugar  
1 Tbsp pumpkin pie spice  
16 packaged wonton wrappers  
cinnamon & sugar for dusting

Preheat oven to 400°. Mix pumpkin, maple syrup, brown sugar & pumpkin pie space in medium bowl. Place a wonton wrapper on flat surface. Spoon 1 Tbsp of filling into center. Moisten edges of wonton with water & fold in half to form a triangle. Press edges to seal. Repeat with remaining wontons. Arrange prepared wontons on an ungreased baking sheet. Lightly coat wontons w/ non stick cooking spray & sprinkle them with sugar & cinnamon. Bake for 15 minutes or until golden. Turn over and bake another 2 minutes.

16 servings, 1 POINT each

I made these for work at Halloween, and they were a big hit! The outside is crunchy and the inside is smooth and sweet. They reheat well in the microwave. Only one person at work guessed they were WW.

## *BANANA SPLIT CAKE*

16 1/2 average graham crackers (8 full graham crackers and 1/2 of another)  
2 Tbsp and 2 tsp Shedd's County Crock light margarine  
1 small package Jell-O fat free sugar free instant vanilla pudding with 2 cups of skim milk  
2 cups Del Monte crushed pineapple in its own juice (drained)  
2 average bananas  
2 cups Cool Whip Free

Crush 16 1/2 squares of graham crackers. Set aside 1/4 cup for later use. Mix crumbs with 2 Tbsp and 2 tsp of light margarine (melted). Press this mixture into an 11 X 7 pan. Mix sugar free pudding with the 2 cups of skim milk according to the package directions. Spread pudding layer over the crumb mixture layer. Spread 2 cups of drained crushed pineapple over the pudding layer. Slice 2 bananas and layer them over the pineapple. Cover with 2 cups Cool Whip. Sprinkle top with remaining graham cracker crumbs (1/4 cup) and chill in the refrigerator.

8 servings, 4 POINTS each

## *CHOCOLATE CHIP COOKIES*

1-1/4 cups all-purpose flour  
1-1/2 teaspoons baking powder  
3/4 teaspoon salt  
1/2 cup applesauce

1 cup packed brown sugar  
1/4 cup butter, softened  
1 tablespoon vanilla extract  
1 large egg  
1 cup semisweet chocolate chips

Preheat oven to 375 degrees. Lightly spoon flour into dry measuring cups; level with a knife.

Combine flour, baking powder, and salt in a small bowl. Spoon applesauce into a fine sieve over a bowl and let drain for 15 minutes. Discard liquid. Scrape drained applesauce into a large bowl. Add sugar and butter and beat with a mixer at medium speed until light and fluffy (about 2 minutes). Beat in vanilla and egg. Add flour mixture, beating at low speed until well-blended. Fold in chips. Drop by level tablespoons 2 inches apart onto baking sheets coated with cooking spray. Bake at 375 degrees for 10 minutes or until almost set. Cool on pan 2 to 3 minutes or until firm. Remove cookies from pan; cool on wire racks.

3 dozen cookies, Serving size: 1 cookie

Hmm, I seem to have lost the points for this recipe. I think they are 1 POINT each. If somebody knows, please post to the Recipe Review board. Thanks!

In search of true Southern pimiento cheese spread....

### *PIMIENTO CHEESE #1*

8 oz. ff Cream Cheese  
8 oz. ff grated cheddar cheese  
4 oz. pimentos w/ juice  
4 T. ff mayonnaise  
1 packet sweet & low

Mix together. Makes 8 Sandwiches.

8 servings, 1.5 POINT each (Add points for bread.)

### *PIMIENTO CHEESE #2*

1 oz low-fat cheddar cheese  
1/2 cup fat-free cottage cheese  
1 Tbsp. pimientos  
2-3 drops hot sauce  
1 tsp skim milk

Mix well. 3 points for whole batch.

This is from the WW cookbook "Simply the Best."

## *PINEAPPLE RIGHT SIDE UP CAKE*

1/2 cup unsweetened applesauce  
1 8oz can crushed pineapple, drain and reserve juice  
1/3 cup skim milk  
1/3 cup egg substitute (i.e. Egg Beaters) or 4 egg whites  
1/2 tsp vanilla  
1 3/4 cups flour  
1/3 cup sugar  
2 tsp baking powder  
1/4 cup brown sugar

Preheat oven to 350. Spray a 9" square pan with cooking spray. Stir together the applesauce, reserved pineapple juice, milk, egg substitute, and vanilla. Combine flour, white sugar and baking powder. Stir wet ingredients into dry ingredients. Spread batter in the pan. Sprinkle the top of the batter with crushed pineapple. Sprinkle brown sugar over the pineapple. Bake for 30 minutes until a toothpick tests clean. Cool 10 minutes. Serve warm.

12 servings, 2 POINTS each

Just the cake without the pineapple and topping might make a nice light cake to use for a strawberry shortcake. Try flavoring it with almond extract instead of vanilla.

## *COCOA KRISPY BARS*

1 Tbsp. light margarine  
1 oz unsweetened chocolate - 1 square  
1 (7oz) jar marshmallow crème  
1 Tbsp. cocoa  
1 tsp. vanilla  
6 cups Rice Krispies (not the cocoa ones, the regular ones) (11.5 pt)

Spray a 13x9 inch pan with cooking spray. Melt the margarine and chocolate in a large saucepan over low heat. Add the marshmallow crème, cocoa, and vanilla. Stir until smooth. Remove from heat and add the cereal, stirring until well-coated. Spread the mixture in the pan, pressing down evenly. Let cool 10 minutes and cut into 24 squares.

24 servings, 1 POINT each (may actually be 1.5 points each)

These kept me going during my first weeks OP.

-----

Somebody (sorry, forgot your name!) questioned the points on the first recipe so she revised it to lower the points:

## *COCOA KRISPIE BARS REVISED*

1 Tbsp light margarine 2pt  
1 square (little less than an ounce) bakers chocolate 3pt  
1.5 cups marshmallow creme 9pt  
1.5 tsp vanilla 0pt  
1 pkg Swiss Miss light hot cocoa 1pt  
6 cups Rice Krispies 11.5

Spray a 13X9 inch pan with cooking spray. Melt margarine and Bakers chocolate in a large saucepan over low heat. Add other ingredients except the cereal and stir until smooth. Add cereal and stir until well coated. Spread into the pan pressing down evenly (covering the mixture with saran wrap makes this easier. Let cool 10 minutes and cut into 24 pieces. If you wait longer it gets hard to cut.

24 servings, 1 POINT each

## *DELUXE MEATLOAF*

2 eggs lightly beaten (or 6 egg whites)  
1 cup seasoned bread crumbs  
1 1/2 cups seasoned bread crumbs  
1 16oz can kidney beans, rinsed and drained and mashed  
1 large onion, chopped  
1 rib of celery, chopped  
2 tsp Worcestershire sauce  
1 tsp lemon pepper seasoning  
1/2 tsp seasoned salt  
2 1/2 lbs of lean ground beef  
1/2 cup water

In a large bowl combine the eggs, 1 cup ketchup, beans, bread crumbs, onion, celery, Worcestershire sauce, lemon-pepper seasoning and seasoned salt. Crumble beef over the mixture and mix in well. Shape into two loaves. Place in a 13x9 inch baking dish coated with non-stick cooking spray. Combine the remaining ketchup with the water and pour over the loaves. Bake uncovered at 325 for 70 minutes.

12 servings, 6 POINTS each

## *SCALLOPS EXCEPTIONAL*

12 oz scallops  
1 green pepper, chopped  
1 small onion, minced  
1 Tbsp basil  
1 box frozen broccoli, thawed  
1 Tbsp butter

8 oz Velveeta Light  
1/4 cup white wine

Spray pan lightly with cooking spray. Saute green pepper, broccoli, basil and onion in butter. Add scallops and continue cooking until scallops are cooked (they turn opaque after a couple of minutes - depends on their size - cut one open to test). Add the Velveeta and stir until the cheese is melted. Use the wine to thin the sauce and simmer until just warm. Serve over rice (add points for your rice).

6 servings, 3 POINTS each  
4 servings, 4.5 POINTS each

This is from the WW cookbook 15-Minute Cookbook. It's out of print but I bought my copy from [www.abebooks.com](http://www.abebooks.com).

### *MEDITERRANEAN CHICKEN AND COUSCOUS*

1 cup reduced-sodium chicken broth  
1 1/4 cups uncooked couscous  
1 large sweet red pepper cut into 1 inch pieces (I cut strips)  
1/2 cup sliced green onions (approximately 2 large)  
1/2 tsp garlic powder  
12 oz cooked chicken breast, cut into 1 inch pieces  
1/2 cup red wine vinegar  
1 1/2 tsp dried basil or oregano

Bring broth to a boil in a small saucepan. Add the couscous. Cover and remove from the heat. Let stand 5 minutes.

While couscous cooks, combine red pepper and green onions in a bowl. Cover loosely with plastic wrap and microwave on High for 4 minutes until vegetables are crisp-tender. Drain and sprinkle with garlic powder.

Fluff couscous with a fork. Add couscous, chicken, vinegar and basil to the cooked vegetables. Toss well. Cover with the plastic wrap and microwave on High for 1 - 2 minutes or until heated. Toss again and serve immediately.

5 servings, 5 POINTS each

The vinegar sounds strange, but it gives a nice Middle Eastern tang to the dish. Otherwise it would be pretty bland.

If you aren't familiar with couscous, it's a tiny pasta from the Middle East that cooks up very quickly like instant rice. Be sure to add enough liquid to cause it to swell up to its full size.

### *BROCCOLI QUICHE*

6 oz cooked chicken (1 1/2 cups)  
2 cups (one 10oz package) chopped broccoli, thawed and squeezed dry  
1 cup part-skim Ricotta cheese  
1/2 cup egg substitute (or 6 egg whites)  
6 Tbsp plain yogurt  
1 Tbsp + 1 tsp margarine, melted  
2 Tbsp grated Parmesan cheese  
1/2 tsp baking powder  
1/4 tsp salt

Heat oven to 350. Spray a 9" pie plate with cooking spray. Put half of chicken and broccoli into the pie plate. Combine the rest of the ingredients and puree in a food processor. Pour into the pie plate. Bake 30 to 45 minutes until set.

4 servings, 3 POINTS each

### *SUMMER SQUASH CASSEROLE*

2 lbs squash (yellow or zucchini), sliced  
2/3 cup chopped onions  
1/3 cup chopped green pepper  
2/3 cup reduced-fat cheddar cheese, shredded  
1/2 cup egg substitute (or 6 egg whites)  
1 4oz jar diced pimientos, drained  
1/4 tsp salt  
1/4 tsp pepper  
3 Tbsp bread crumbs

Preheat oven to 350. Steam veggies covered for 10 minutes (or I'll bet you could nuke them in the microwave on High for 5 minutes). Combine veggies, cheese and next 4 ingredients. Spray a 2 quart casserole with cooking spray. Spoon veggies into the casserole. Sprinkle with bread crumbs. Bake for 25 minutes.

4 servings (1 cup), 2 POINTS each

### *SPAGHETTI SALAD*

8oz package of thin spaghetti, cooked (about 4 cups)  
1 can Rotel tomatoes  
1 small can sliced black olives  
1 small onion, chopped  
1/2 green pepper, chopped  
1/2 cup fat-free Italian salad dressing

Combine all ingredients and chill.

5 servings, 4 POINTS each

There have been several variations on this soup posted to the boards.

### *TACO SOUP*

1 lb ground round beef  
1 large onion, chopped  
1 package taco seasoning mix  
1 package Hidden Valley Ranch Dressing mix  
1 16oz can pinto beans  
1 16oz can hot chili beans  
1 16oz can whole kernel corn  
1 16oz can stewed tomatoes  
1 16oz can diced tomatoes and chilis (i.e. Rotel mild)

Brown the beef and the onion together. Drain the grease. Stir everything together in a large pot and heat through.

1 cup = 4 POINTS

### *RATATOUILLE*

1 large onion, chopped  
2 red pepper, chopped  
2 zucchini squash, sliced  
1 large eggplant, peeled and cubed  
4 large tomatoes, chopped  
3 cloves garlic, chopped  
1 bay leaf  
1/3 cup bread crumbs  
salt and pepper

Spray a pan with cooking spray. Brown the onion and the garlic (do not let garlic burn!). Add all the veggies and the bay leaf and simmer covered for 2 hours. Sprinkle on the breadcrumbs and cook another 5 minutes. Remove the bay leaf and serve.

5 servings, 0 POINTS each (if you eat the whole thing, count points for the bread crumbs)

This recipe is from WW Australia.

### *BALSAMIC ORANGE GRILLED CHICKEN*

4 small chicken breast fillets, skim removed (about 4 oz each)  
1 orange, juiced  
1/3 cup Balsamic vinegar

1 tsp minced garlic  
1/2 head of butter lettuce, washed and dried  
2 Lebanese cucumbers, sliced lengthways (I think regular cucumbers will work fine)  
1 punnet cherry tomatoes, halved (I think that's a small grocery store box of cherry or grape tomatoes)  
1 medium avocado, thinly sliced  
1/3 cup WW Italian dressing (use any light Italian dressing)

Combine chicken, orange juice, vinegar and garlic in a bowl. Marinate the chicken for 15 minutes or as time permits. Heat a grill or barbecue. Cook the chicken, brushing often with the Balsamic marinade.

In a salad bowl, combine the lettuce, cucumbers, tomatoes and avocado slices. Drizzle with the salad dressing. Slice the cooked chicken and serve over or with the salad.

4 servings, 5 POINTS each

### *HERB ROASTED GREEN BEANS*

2 pounds fresh green beans, trimmed and blanched (plunge into boiling water for 1 minute)  
1 tsp olive oil (or use olive oil flavored cooking spray for 0 points)  
1/2 packet Good Seasons Dry Italian Dressing mix  
2 Tbsp Parmesan cheese (fat free is 0 points)

Toss green beans with the rest of ingredients. Bake at 400 for 45 minutes or until tender.

0 or 1 point depending on cheese and oil.

### *BROCCOLI CHEESE SOUP*

2 lbs frozen broccoli  
32 oz fat-free chicken broth  
1 can Rotel tomatoes and green chilis (I used Del Monte Diced Tomatoes with Green Pepper and Onion)  
10 oz Velveeta Light

Combine broccoli, broth and tomatoes and simmer for 1 hour. Take off heat and add Velveeta cheese cut into chunks. Stir until melted. If you like a smooth consistency, puree in a blender.

Makes 10 cups - 2 POINT per cup (2 cups are 3 points)

### *SHRIMP SCAMPI*

1 Tbsp + 1 tsp olive oil  
20 oz (1 pound, 4 oz) shelled and deveined medium shrimp with tails left on  
1 Tbsp minced garlic  
1/2 cup low-sodium chicken broth  
1/2 cup dry white wine  
1/4 fresh lemon juice  
1/4 cup minced parsley  
1/4 tsp salt  
1/4 tsp fresh ground black pepper

Heat olive oil in a large skillet. Add shrimp and cook, stirring constantly, for 2 minutes or until just pink. Add garlic and cook, still stirring, about 30 seconds. Use a slotted spoon to transfer shrimp to a serving platter. Keep them hot. In the skillet, add the broth, wine, lemon juice, parsley, salt and pepper. Increase heat to High. Boil uncovered until sauce is reduced by half. Spoon over shrimp.

4 servings, 5 POINTS each  
add points if you serve it over pasta

I really think the flavor of the parsley adds something to this dish.

This is a lighter version of the beloved Ambrosia salad. You have to start 24 hours before you plan to serve this.

### *FESTIVE FRUIT SALAD*

2 cups non-fat vanilla yogurt  
1 20oz can pineapple chunks in juice, drained  
2 10oz cans mandarin oranges  
4 large bananas, sliced  
1/4 cup flaked coconut  
1 cup miniature marshmallows

First make yogurt cheese. Put a layer of cheesecloth into a sieve or funnel and put over a bowl. Pour yogurt into the cheesecloth. Let it drain in the refrigerator over night. The creamy mixture that remains is called yogurt cheese. There should be about 1 cup.

In a large bowl, combine the fruits and marshmallows. Add the yogurt cheese and toss to mix. Cover the salad and chill 1 to 3 hours before serving.

12 servings (2/3 cup each), 1.5 POINTS

### *AU GRATIN POTATOES*

1 Tbsp butter or margarine  
1 medium onion, thinly sliced  
1 Tbsp flour  
2 cups fat-free milk

2 lbs potatoes, thinly sliced  
1 cup low-fat shredded cheddar cheese  
1 tsp salt  
1/4 tsp pepper

Heat oven to 375. Coat a 2 quart baking dish with cooking spray. Melt butter in a large pan over medium heat. Add onion and cook, stirring occasionally, until onion begins to brown (about 5 minutes). Stir in flour. Add milk slowly, stirring. Add potatoes, stir to mix. Bring to a boil. Stir in 3/4 cup of the cheese, salt and pepper. Pour mixture into the baking dish and spread out. Bake for 1 hour uncovered. Cover and bake until potatoes are fork tender, about 20 minutes more. Change oven temperature to broil. Sprinkle remaining cheese over potatoes and broil 6 inches from the heating element until the cheese is golden brown (about 1 - 2 minutes). Allow to cool for 5 minutes before serving.

8 servings, 3 POINTS each

### *HOT COCOA MIX*

1 cup fat-free non-dairy creamer  
1 cup non-fat dry milk powder  
1 cup Splenda  
1/2 cup unsweetened cocoa powder

For a Mocha, add 1/4 cup instant espresso or instant coffee granules  
For Mexican chocolate, add 1 Tbsp cinnamon

Add 3 tablespoons of mix to 8oz hot water.

9 servings, 1 POINT each

### *PASTA PRIMAVERA*

2 cups broccoli florets  
1 can low-fat Cream of Chicken soup  
1 large carrot, cut into match stick slices  
1/2 cup fat-free milk  
1/4 nonfat Parmesan cheese topping  
1 garlic clove, minced  
1/8 tsp pepper  
3 cups cooked spaghetti

In a large saucepan, combine all of the ingredients except the spaghetti. Cook uncovered over medium heat until the veggies are tender, about 12 to 15 minutes. Stir in cooked spaghetti. Heat thoroughly.

4 servings, 4 POINTS each

### *RASPBERRY OATMEAL BARS*

2 cups Reduced Fat Bisquick  
1 cup Quaker Old Fashioned Oats  
3/4 cup brown sugar  
1/3 cup (1 stick) I Can't Believe It's Not Butter light margarine (or other light stick margarine)  
1 cup Smucker's Low Sugar Raspberry Preserves

Heat oven to 400 degrees. Spray cooking spray in a 9x9 pan. In a bowl, mix Bisquick, oats and brown sugar. Cut in margarine using a pastry blender or fork until the mixture is crumbly. Press half of the oat mixture into the pan. Spread with the preserves to within 1/4 inch of the sides of the pan. Top with remaining oat mixture. Press gently into fruit. Bake 25-30 minutes or until lightly browned. Remove from the oven and cool before cutting.

24 bars, 3 POINTS each

### *PARMESAN CHICKEN CUTLETS*

1/4 cup grated Parmesan cheese  
2 Tbsp Italian-style dried bread crumbs  
1/8 tsp paprika  
4 (4oz) boneless, skinless chicken breasts

Preheat oven to 400. In a ziplock bag, combine cheese, bread crumbs and paprika. Shake well. Pour crumb mixture onto a plate. Dip each chicken piece into the crumb mixture, turning to coat all sides. Arrange chicken on a non-stick baking sheet (or spray the pan with cooking spray). Bake until chicken is cooked, about 20-25 minutes.

4 servings, 4 POINTS each

### *CROCKPOT CHICKEN AND RICE*

1 (10 3/4 oz) can Healthy Request Cream of Chicken Soup  
1 (1oz) package dry onion soup mix  
2 cups water  
2 cups (6oz) uncooked instant rice  
16 oz chicken breast, skinned and boned and cut into 36 pieces  
1 cup sliced canned mushroom, drained  
1/8 tsp black pepper

Spray a slow cooker with cooking spray. Combine in the crockpot the chicken soup, dry onion soup mix, water and uncooked rice. Stir in the chicken, mushrooms and pepper. Cover and cook on LOW for 6 to 8 hours. Gently stir just before serving.

6 servings (1 cup), 3 POINTS each

## *SNOW PEAS and JICAMA SALAD*

1/4 medium jicama, peeled and cut into matchsticks (about 1 cup)  
1 cup snow peas, cut into thin strips  
2 medium carrots, shredded  
1 cup romaine lettuce, coarsely shredded  
3 Tbsp red wine vinegar  
2 Tbsp low-sodium soy sauce  
2 Tbsp water  
4 tsp honey  
1/4 tsp toasted sesame oil (I use regular salad oil)  
1 tsp sesame seed

In a salad bowl, combine jicama, snow peas, carrots and lettuce. Toss gently.  
In a cup, stir together vinegar, soy sauce, water, honey and oil. Pour over salad, toss, and sprinkle with the sesame seeds. 1 cup per serving.

4 POINTS whole recipe

This isn't very low points (except compared to the original recipe), but it's delicious!

## *UPSIDE-DOWN GERMAN CHOCOLATE CAKE*

2 Tbsp light butter  
3/4 cup water  
2/3 cup brown sugar  
3/4 cup packaged shredded coconut  
1/2 cup chopped pecans  
5 large egg whites  
1 cup buttermilk  
1/2 cup fat-free sour cream  
1/3 cup unsweetened applesauce  
Betty Crocker German Chocolate Cake Mix (2.5 grams of fat per serving)

Preheat oven to 350. Coat a 13x9 baking pan with cooking spray. In a small saucepan over low heat, melt the butter with the water. Stir in the brown sugar until smooth. Pour evenly into the baking pan. Sprinkle the coconut and pecan evenly over the melted sugar mixture.

In a large bowl use an electric mixer set on high to beat the egg whites for 30 seconds. Beat in the buttermilk, sour cream and applesauce. Add the cake mix and beat on low speed until moistened (about 30 seconds). Beat for an additional 2 minutes. Pour into the prepared pan. Bake for 40 minutes. Cook pan on a rack.

16 servings, 5 POINTS each

A light version of a Thanksgiving favorite.

### *SWEET POTATO CASSEROLE*

3 cups mashed sweet potatoes (I bake them, cool them and mash them)  
4 egg whites  
1 cup Splenda  
1/2 cup canned pumpkin (not the pumpkin pie mix)  
1 tsp vanilla  
1/2 cup fat-free milk

Topping:

1/4 cup brown sugar  
1/4 cup chopped pecans

Preheat oven to 350. Mix sweet potatoes, egg whites, Splenda, pumpkin, vanilla and milk together until smooth. Spray a casserole dish with cooking spray. Pour sweet potato mixture into the dish. Combine the brown sugar and pecans and sprinkle on the top of the sweet potato mixture. Bake for 30 minutes.

22 points for the entire recipe

### *POTATO BRUNCH CASSEROLE*

1 cup egg substitute  
1 cup skim milk  
1 pkg. Simply Hash Browns (not frozen, found in the refrigerator section sometimes near the eggs)  
8 oz Velveeta Light, thinly sliced  
7 oz Butterball Fat-Free Turkey Smoked Sausage (1/2 package)

Spray an 8x8 pan with cooking spray. Layer potatoes, smoked sausage, and cheese. Mix egg substitute and milk. Add salt and pepper to taste. Pour egg mixture over hash brown layers. Bake at 350 for 40 minutes.

9 servings, 3 POINTS each

Hummus is a Middle Eastern dip or spread. Eat it on crackers, wedges of pita bread or as a dip for celery and carrot sticks.

### *HUMMUS*

(Low Fat Version)

3 garlic cloves, minced (more if you like)  
1/4 cup plain low-fat yogurt  
1 Tbsp fresh lemon juice

1 tsp olive oil  
1/4 tsp salt  
1/4 tsp paprika  
1/8 tsp pepper  
1 19oz can chickpeas, drained

Combine all the ingredients in a food processor and process until smooth. Chill.

1/4 cup = 1 POINT

### *CRANBERRY PUMPKIN BARS*

1 cup light brown sugar, packed  
4 tsp reduced-calorie margarine, softened to room temperature  
1 cup canned pumpkin (not pumpkin pie mix)  
1 large egg  
1 large egg white  
1/3 cup buttermilk  
1 1/4 cups flour  
1 1/2 cups uncooked old-fashioned oats  
1 Tbsp pumpkin pie spice (or a mix of cinnamon, allspice, cloves and nutmeg)  
1/2 tsp baking soda  
1/2 tsp salt  
2/3 cup dried cranberries

Heat oven to 350. Coat a 13x9 pan with cooking spray and then dust lightly with a little flour. In a large bowl cream the sugar and margarine with an electric mixer. Beat in the egg, egg white, pumpkin and buttermilk. In another bowl, combine flour, oats, pumpkin pie spice, baking soda and salt. Stir the dry ingredients into the pumpkin mixture until just moistened. Stir the cranberries gently into the mixture. Spread the batter in the pan. Bake for 20 to 25 minutes or until center springs back when lightly pressed.

18 servings, 3 POINTS each

### *COWGIRL CASSEROLE (Vegetarian)*

1 medium onion, chopped  
1 cup diced carrots  
1 red bell pepper, diced  
1 cup fresh or frozen green beans, cut into 1/2 inch pieces  
1 cup canned or frozen corn  
1 15oz can vegetarian baked beans  
1 tsp barbecue seasoning or barbecue sauce  
1 Tbsp ketchup or tomato paste  
3 oz smoky cheddar or smoky Edam cheese, diced or shredded

Heat oven to 375. In a non-stick skillet, saute the onions, carrots and pepper until soft but not browned. Add the green beans and cook 5 minutes. Stir in the corn, baked beans,

seasoning and ketchup. Cook 2 minutes until heated through. Pour into a baking dish and scatter the cheese on top. Cover and bake for 30 minutes until the casserole is bubbling and the cheese has melted.

6 main-dish servings, 4 POINTS each

Most of the points are in the cheese, but the recipe's originator say the smoky cheese flavor really makes the dish special.

I don't know why this cake is "wacky" but it's a much requested recipe. It's very similar to a WW cake recipe that's been around for years.

### *WACKY CHOCOLATE CAKE*

1 1/2 cup flour  
1 cup sugar  
1 tsp baking soda  
1/4 cup + 2 tsp baking cocoa  
1 Tbsp white vinegar  
1 tsp vanilla  
1/2 cup unsweetened applesauce  
1 cup water

Spray and 8x8 pan with cooking spray. Mix together the dry ingredients in a bowl. Make 3 wells (depressions) in the top of the dry ingredients. Pour vinegar into one well, vanilla into the second, and applesauce into the third. Pour 1 cup of water over everything and mix together. Pour batter into the pan. Bake about 35 minutes until a toothpick tests clean.

12 servings, 2 POINTS each

This is a nice Spring variation on the Pineapple Angle Food Cake recipe.

### *PEACH ANGEL FOOD CAKE*

Angel Food Cake Mix  
5-6 small ripe peaches (3 cups peeled and diced)  
1/4 cup water  
1/4 cup Splenda

Peel peaches and dice into a glass measuring bowl. Add water and Splenda. Microwave on High for 5 minutes. Cool thoroughly. Stir into the angel food cake mix until well mixed. Pour batter into a 13x9 inch pan. DO NOT SPRAY THE PAN WITH COOKING SPRAY - the cake won't rise. Bake at 350 for 35 minutes. Cool completely.

12 servings, 3 POINTS each

## **BERRY BAKE**

1 cup + 2 Tbsp low-fat milk (1%)  
3 large eggs  
1/2 cup flour  
1/3 cup sugar  
1 Tbsp brandy (optional)  
1 tsp vanilla  
1/4 tsp salt  
1/8 tsp nutmeg  
1 1/2 cups fresh berries (try blueberries, blackberries and/or raspberries)  
1 Tbsp confectioner's sugar

Preheat oven to 375. Spray a 9-inch deep dish glass or ceramic pie plate with cooking spray. Put the milk, eggs, flour, sugar, brandy (if using), vanilla, salt and nutmeg in a blender. Process until smooth and frothy, about 1 minute. Spread the berries evenly over the bottom of the pie plate. Pour the batter over the berries and place the pie plate on a cookie sheet. Bake 50 to 60 minutes until the sides are puffed and golden, the center is just set, and a toothpick inserted in the center comes out clean (except for berry juice). Transfer to a rack to cool for 10 minutes. Serve immediately or let cobbler cool to room temperature. Dust it with confectioners sugar just before serving.

8 servings, 2 POINTS each

Glad you made it to the end of the recipes. I hope you find some that are useful and delicious!